



# Smart Choices for a Healthy Life

Break Free • Think Twice • Cope Smart • Avoid Trends • Mind Matters

## Teacher Resource Guide

This guide supports educators in leading meaningful, age-appropriate discussions around health, choices, and resilience.

### Purpose of This Resource

The *Smart Choices for a Healthy Life* poster set supports upper elementary, middle school, and high school educators in reinforcing positive decision-making, social-emotional learning, and healthy lifestyle choices.

This guide helps educators:

- Introduce each poster with age-appropriate discussion
- Connect posters to real student experiences
- Encourage healthy coping strategies
- Build classroom culture around resilience, safety, and self-respect
- Support prevention-focused SEL conversations

### How to Use the Posters

- Visual Reinforcement: Display posters as reminders
- Mini-Lessons: 10–20-minute guided discussions
- Reflection: Journaling and group activities

### About the Worksheets

Use the writing lines to capture relevant news, examples, quotes, or ideas that help personalize each topic for your students.

### Closing Message to Educators

The goal of the *Smart Choices for a Healthy Life* poster set is awareness, resilience, and informed choice. Small, consistent conversations shape lifelong habits.

### Teacher Pointers for Leading Discussions

#### 1. Create a Safe Discussion Climate

- Establish expectations for respect and listening
- Students are never required to share personal experiences
- Emphasize that asking for help is strength

#### 2. Keep the Focus on Choices, Not Confessions

- Use hypothetical examples
- Gently redirect oversharing
- Follow school protocols if concerns arise

#### 3. Avoid Fear-Based Teaching

- Lead with facts
- Emphasize empowerment
- Balance risks with prevention strategies

#### 4. Encourage Support, Not Rescue Behavior

- Reinforce trusted adults
- Students are not responsible for fixing others

#### 5. Normalize Emotions and Stress

- Validate feelings
- Teach coping skills

#### 6. Keep Discussions Structured

- Written reflection before discussion
- Use small groups when helpful

#### 7. Be Ready with Support Pathways

- Know referral processes
- Display support resources

#### 8. Reinforce Year-Round

- Reference posters regularly
- Celebrate healthy choices









